



Coffee Break

WITH YORK COUNTY AGING SERVICES



Sip on this!

Want to see the Sandhill Cranes in Grand Island? Call

ahead and take a tour **March 13th** with York County Public Transportation. Cost: \$15



Set to leave York at 8am and return at 3:30pm. Be sure to call at least a week ahead. **402-362-7626 Ex. 1**

We want to hear from you!

Every Wednesday we have outreach and education opportunities at the York Area Senior Center. If you or someone you know is interested in sharing a brief presentation on a health/wellness topic that pertains to seniors, call 402-362-7626 Ex.4

Nutrition Awareness Month!

Eating habits change throughout the life span. Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass. Add fruits and vegetables to your meals and snacks. Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week.



Senior Center Save the Dates!

- March 5: Kingdom Interior Speaker
 - March 12: St. Croix, Myths of Hospice
 - March 19: Fried Chicken Day!
 - March 19: Metz, End of Life Speaker
 - March 26: Four Corners, Drive Safe Speaker
- All Wednesday Speakers start around 11:45**

Income Taxes: York County Aging will NOT be doing AARP Tax Aid Services, For assistance call 211 or go to [AARP foundation.org/Tax Aid](http://AARP.foundation.org/TaxAid).

Grand Island Library will have TAX services available



Foot Clinic is the 19th!
Call 402-362-7626 for reservation

Homestead Exemption

The Nebraska Homestead Exemption program is a property tax relief program that reduces all or a portion of taxes for homeowners in Nebraska who occupy a home, used as their residence, from January 2 through August 15, 2025. Call 402-362-7626 after February 1st for assistance. If you have to file taxes, make sure your taxes for 2024 are done BEFORE your appointment.